

Mediterranean Salad Dressing

50 Salad Dressings
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2 tablespoons red wine vinegar
2 teaspoons Dijon mustard
1/2 teaspoon Kosher salt
pepper (to taste)
1/3 to 1/2 cup olive oil
1/2 cup feta cheese, crumbled
1 tablespoon chopped parsley
1 teaspoon dried oregano
1 plum tomato, diced

In a bowl, whisk the vinegar, mustard, Kosher salt and pepper.

Gradually whisk in the olive oil.

Mash in the crumbled feta.

Whisk in the parsley, oregano and plum tomato.

Per Serving (excluding unknown items): 858 Calories; 88g Fat (90.2% calories from fat); 12g Protein; 10g Carbohydrate; 2g Dietary Fiber; 67mg Cholesterol; 1911mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 16 1/2 Fat; 0 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	858
% Calories from Fat:	90.2%
% Calories from Carbohydrates:	4.3%
% Calories from Protein:	5.4%
Total Fat (g):	88g
Saturated Fat (g):	21g
Monounsaturated Fat (g):	56g
Polyunsaturated Fat (g):	7g
Cholesterol (mg):	67mg
Carbohydrate (g):	10g
Dietary Fiber (g):	2g
Protein (g):	12g
Sodium (mg):	1911mg
Potassium (mg):	273mg
Calcium (mg):	412mg

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	1.3mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.7mg
Folacin (mcg):	44mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1 1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0

Iron (mg): 2mg
 Zinc (mg): 2mg
 Vitamin C (mg): 18mg
 Vitamin A (i.u.): 1020IU
 Vitamin A (r.e.): 164 1/2RE

Fat: 16 1/2
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 858 Calories from Fat: 775

% Daily Values*

Total Fat	88g	135%
Saturated Fat	21g	105%
Cholesterol	67mg	22%
Sodium	1911mg	80%
Total Carbohydrates	10g	3%
Dietary Fiber	2g	7%
Protein	12g	

Vitamin A	20%
Vitamin C	29%
Calcium	41%
Iron	13%

* Percent Daily Values are based on a 2000 calorie diet.